



Parkinson's Disease Research Education & Clinical Center
PADRECC Southeast/Richmond



2016 EDUCATION & SUPPORT GROUP for People with PARKINSON'S DISEASE and their families

Thursdays 1 - 3 pm Room 2K113	TOPIC and SPEAKER – 1st hour
January 28	PD 101: The Basics and Beyond – Debbie Dellinger, MSN, ACNP-BC, PADRECC Nurse Practitioner, McGuire VAMC
February 25	Duopa, a new form of carbidopa/levodopa delivered by pump, for treating motor fluctuations – Joe King, Abbvie & Dr. Jessica Lehosit, PADRECC
March 24	Tai Chi – Deb Daimaru and Grenay Williams, Kinesiotherapists, Physical Medicine and Rehabilitation Department, McGuire VAMC
April 28	Mindfulness – Therese Cash, PhD, Psychologist, Mental Health, McGuire VAMC
May 26	LSVT BIG Therapy and Parkinson exercise services at The Gait Center - Leisl Hymes, PT, DPT, Physical Therapy, Lawrence Gait Center, Richmond
June 23	Davis Phinney Foundation – Every Victory Counts – Edie Anderson, DPF Ambassador
August 25	Patient Advocate Program, a no-cost program for patient's diagnosed with PD and their carer's – Cathy DeLave BSN, RN, Parkinson's Disease Advocate, AbbVie
September 29*	Nutrition – Benefits of Anti-Inflammatory Eating – Ka Wong, MS, RD, CNSC, CSO, Clinical Dietician, McGuire VAMC
October 27	Sleep Issues and Parkinson's Disease – Leslee Hudgins, MD, Neurologist and Sleep Specialist, McGuire VAMC
December 8 *	Holiday Social

Sessions are generally held on **4th Thursday of most months from 1-3 pm** (no meeting in July or November). An asterisk (*) indicates a date change (i.e. December holiday, scheduling conflict).

Meeting format:

- The first hour (1-2 pm): Educational session with a speaker presentation.
- The second hour (2-3 pm): Two separate breakout style discussion groups - one for people with PD (PwP) and one for spouses, family members, and friends.

Location: Hunter Holmes McGuire VAMC, 1201 Broad Rock Blvd, Richmond, VA

Meeting Room: 2K-113 Conference Room on 2nd floor on hallway near Green "Personnel/Conference" flag.

Questions?

- Non-veterans from the community are welcome to attend.
- Unable to attend this meeting in person? Live far away from Richmond but want education and support? Please call to discuss resources in your locality or other options via telephone, computer webinars, and more.
- Contact Lynn Klanchar, RN, PADRECC Education Coordinator at (804) 675-6952.

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